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OPINION

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EVENT:

Steven Leath to speak at GSB meeting

ISU President Steven Leath will speak at the Government of Student Body meeting Wednesday night. This is the first time Leath has spoken at a GSB meeting this school year.

Meetings are held at 7 p.m. Wednesdays in the Campanile Room of the Memorial Union.

GSB will vote on four bills: "Let's Get Ready to KILL Cancer," "Sustainability Symposium," "Amending the Articles of Cooperation" and "Finance Committee Bylaw Updates."

-By Katie Grunewald

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ROTC



Photos: Chenyan Shan/Iowa State Daily

COMBAT WATER TRAINING

Cadets learn skills to survive in battle

By Paul.Ehrsam @iowastatedaily.com

This week the Beyer Hall pool will be kept busy by the ISU Army ROTC cadets for their Combat Water Survival Training lab.

Wednesday, approximately 100

Army cadets will pack into the Beyer Hall pool to try to complete the training lab held twice a year.

"Combat Water Survival Training is a commissioning requirement, so a cadet has to pass this in order to commission and become an officer in the army," said Lt. Col. Richard Smith, professor and chairman of military science and tactics.

Even though everyone has to pass this training in order to become

an officer, Combat Water Survival Training is still considered to be one of the more fun labs to partake in.

"We try to make it fun, and make a big deal out of it," Smith said, "The cadets buy pizza afterward and have some fun with it, because it's not your typical lab."

Senior cadets run the training. Nine senior cadets will be in charge

Combat Water Survival Training

- Wednesday
- Beyer Hall pool
- 3:30 to 5:30 p.m.
- Takes place once per semester
- Approximately 100 cadets will participate

ROTC.p2 >>

Academics

New programs reviewed

Iowa State looks to add new major, minor, master's

By Danielle.Ferguson @iowastatedaily.com

Iowa State hopes to add three new academic advantages to its already diverse list to help give students an edge.

Proposals of a master of finance, a public relations major and a landscape management minor are all in the works to be offered to students in the coming years.

None have been officially approved, but they have made it through the first reading at the Feb. 12 faculty senate meeting.

Both the master of finance and public relations major must be approved by the Board of Regents, whereas the minor only needs university authorization.



Photo: Jessica Langr/Iowa State Daily

Beate Schmittmann, dean of the College of Liberal Arts and Sciences, discusses the public relations major being proposed.

The 15-credit minor in landscape management was first suggested in the horticulture department. Faculty from that department conversed with faculty from other departments such as landscape architecture, natural resources ecology and management, and agricultural education and

studies to put together the appropriate curriculum.

The minor is designed for students who aren't in horticulture or for those who want more of a focus as opposed to the broad blanket of a horticulture minor.

PROGRAMS.p3 >>

Greek



Graphic courtesy of St. Cloud State and Wikipedia

Two fraternities to be readmitted to ISU campus

By Ryan.Anderson @iowastatedaily.com

Two fraternities that were revoked from the greek community have been called to come back to campus. The fraternities of Triangle and Delta Sigma Phi are planning to return in the near future.

"This shows that the national committees are making an effort; it shows that we are one of the best greek communities in the country," said

Steven McWilliams, junior in finance and president of Alpha Tau Omega fraternity.

Triangle is planning on returning in fall 2013 and Delta Sigma Phi in spring 2014.

According to the Office of Greek Affairs, both fraternities are members of the Interfraternity Council.

"Triangle left campus for multiple reasons that

GREEK.p3 >>

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Police Blotter:

Ames, ISU Police Departments

The information in the log comes from the ISU and City of Ames police departments' records. All those accused of violating the law are innocent until proven guilty in a court of law.

Feb. 15

A vehicle that left the scene collided with a parked car at East Campus Parking Deck (reported at 3:44 p.m.).

An individual reported the theft of an iPhone. The incident apparently occurred last November at Wilson Hall (reported at 4:21 p.m.).

Madeline Finnegan, 18, 72 Linden Hall, was arrested and charged with possession of a controlled substance, possession of drug paraphernalia, gatherings where controlled substances are unlawfully used and underage possession of alcohol at Linden Hall (reported at 5:21 p.m.).

Spencer Pool, 23, of Swisher, Iowa was arrested and charged with public intoxication (second offense) at Lincoln Way and Union Drive (reported at 10:23 p.m.).

Jordan Bagley, 19, 8370 Larch Hall, was cited for underage possession of alcohol at Larch Hall (reported at 11:32 p.m.).

Officers assisted an 18-year-old female who was experiencing emotional and medical difficulties at Helsel Hall. The individual was transported by ambulance to Mary Greeley Medical Center for treatment (reported at 11:59 p.m.).

Feb. 16

Ryan Griffith, 18, 3005 Alderwood Circle, was arrested and charged with public intoxication and unlawful use of a license at the 2700 block of Lincoln Way (reported at 12:28 a.m.).

Officers assisted a 19-year-old male who had consumed too much alcohol at Roberts Hall. The individual was transported

by ambulance to Mary Greeley Medical Center (reported at 12:25 a.m.).

Tajh Washington, 19, of Des Moines, was arrested and charged with operating while intoxicated at Chamberlain Street and Welch Avenue (reported at 1:04 a.m.).

Officers assisted a 19-year-old male who had consumed too much alcohol at Willow Hall. The individual was transported by ambulance to Mary Greeley Medical Center for treatment (reported at 1:58 a.m.).

Cameron Johnson, 22, 210 Gray Ave, was arrested and charged with operating while intoxicated and driving under suspension at the 300 block of Stanton Avenue (reported at 1:45 a.m.).

A vehicle driven by **Clare Gee** collided with a parked car at the Iowa State Center (reported at 12:44 p.m.).

An individual reported the theft of a computer at Parks Library (reported at 5:01 p.m.).

Arif Abdulraheem Mohamed Khouri, 21, 111 Lynn Ave., Unit 909, was arrested and charged with driving under suspension and providing false identifying information to law enforcement officers at Hayward Avenue and Lincoln Way (reported at 7:34 p.m.).

A community service officer reported graffiti on several walls at Ames Intermodal Facility (reported at 9:17 p.m.).

Feb. 17

Michael Skallerud, 19, 728 Maple Hall, was arrested and charged with public intoxication at Gray Avenue and Lincoln Way (reported at 1:45 a.m.).

Dining

Regulations to standardize snacks

New rules will control sodium, calories, sugar

By Bailey McGrath @iowastatedaily.com

New regulations on competitive foods in schools proposed by the U.S. Department of Agriculture could change the way future ISU students choose their meals.

Students will hopefully become more educated on what is in the products that they consume.

The U.S. Department of Agriculture is proposing new rules on foods and beverages sold in vending machines, ala carte, and school stores. The federal rules will regulate the sodium, calories, and sugar in items sold to students during school hours.

“Thirty-nine states out of the 50 already have some kind of state law trying to deal with these competitive foods that are in the school system,” said Ruth Litchfield, associate professor of food science and human nutrition.

The federal rules have not been updated since the 1970s.

Litchfield explained that the new federal regulations will give “an equal playing field across the country.”

New regulations require

that any foods sold in schools must be a fruit, vegetable, whole grain, dairy product or a low-fat protein source.

If the food does not fit one of these groups, it must contain at least 10 percent of one of the four nutrients of concern: fiber, potassium, calcium, and vitamin D, said Litchfield.

The changes are focused on improving the overall health of students across the country.

“We know we have some chronic health conditions in this country that are clearly linked to our current dietary habits,” Litchfield said. “So I think whatever we can do to help promote and make available those better choices — so that we can start decreasing the risk of diabetes, hypertension, cardiovascular disease, and obesity — the better off we are all going to be.”

The regulations are not going to directly affect Iowa State students but could indirectly influence what will be available to them in the future, explained Nancy Levandowski, director of ISU Dining.

“We don’t have rules or regulations, but what we do is try to offer a balanced meal and many choices for students,” said Levandowski. “They’re young adults, they’re starting to make their own decisions. So we give them the information [on portion control]. I think that the students that



Photo illustration: Megan Wolff/Iowa State Daily

The Department of Agriculture is proposing new rules on food and beverages sold in school vending machines. These new regulations aim to provide healthier food choices to students.

come [in the future] will have a better understanding of that and I think it won’t be as much for you, but Iowa State does make good decisions.”

Iowa State provides many ways to educate students on nutrition and gives them healthy options on campus.

“Our dietician does programs with students about portion, sodium, caffeine, and understanding labels,” said Levandowski. “The number one thing ... to look at is the calories and ... portion size.”

Levandowski said a label-reading class is great for people to learn the information provided on any packaged food. Other resources for nutrition include net nutrition, contacting the dining center, checking

social media pages.

“Obviously there is food on campus that isn’t good for you, but Iowa State does a pretty good job of offering healthy options,” said Carolyn Gerdeman, senior in nutritional science. “Just about every cafe offers fresh fruit and some sort of salad or sandwich that will supplement your body with good nutrients.”

Gerdeman said it is ultimately up to the student to take advantage of them.

Levandowski appreciates the federal regulations for vending machines.

“It’s nice to have guidelines, but really I feel like it’s about portion for our students if they want to make an impact,” Levandowski said.

Calendar

Find out what’s going on and share your event with the rest of campus on our website at iowastatedaily.com.

Friday

Connect, Create, Celebrate: An Expressive Writing Workshop
When: 6 to 7:30 p.m.
What: A creative writing workshop that helps

develop skills of self-expression. The program is used to encourage seeing the world in a new light.
Where: The Workspace, Memorial Union

>> ROTC.p1

of the five stations that comprise the training lab. There will also be at least two demonstrators for the stations and five safety monitors with the lifeguards at the pool.

The five stations making up the training are the water tread, gear ditch, 15-meter swim, diving board and flotation device.

At the water tread station, cadets have to tread water for a full five minutes, keeping their head above water the entire time.

For the gear ditch station, cadets jump in the pool with their rifle and load-bearing equipment. Underwater, cadets have to remove all of their equipment from their body. If any equipment is left when they

surface, they have to redo the station.

The 15-meter swim is a swim across the short side of the pool that the cadets have to make, fully clothed, with their rifle.

At the diving board station, cadets are walked to the edge of the 5-meter diving board blindfolded by a senior cadet. The cadet then has to step off the edge of the diving board blindfolded, holding their rifle out with their arms extended.

“When they step off, we like to have them sound off with their favorite branch ... to ... give them something to build a little confidence because it’s just high enough where you have that little quarter second of a gut turn,” said Senior Cadet James Salerno, senior in interdisciplinary studies.

At the flotation device station, cadets learn how to make an improvised flotation device out of the trousers of their uniforms.

“Out of all the stations that we do, [the flotation device station] is probably one of the more useful ones,” Salerno said. “if they end up in the water, it’s something really easy to learn and it’s something they can do, and it’s been proven to save lives.”

The supervision and help provided at Combat Water Survival Training does help put a damper on some of the fears that may creep up on a cadet during this training.

“What I expect to gain the most out of this training is confidence. I’m not a huge fan of water or heights, so each time I survive this lab I feel pretty good,” Hambysaid.

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>>PROGRAMS.p1

Ann Marie VanDerZanden, director of the Department of Horticulture, said, "In talking to a lot of students; many of them were taking this group of courses anyway. Horticulture is a field that is really broad. We wanted to get a program that was a bit more focused."

The main difference between a minor in horticulture and that of landscape management is the optional courses students would take. Landscape management's curriculum would be centered on topics such as plant identification, landscape instillation, turf grass management, and landscape construction. Under the broad blanket of horticulture, students could take a random mix of classes without a central focus. "[The minor] doesn't require any

new faculty and doesn't require any new courses," VanDerZanden said. "It's a matter of packaging these existing courses and putting them into a group so the students can market [better] on transcripts."

The program will be voted on at the faculty senate meeting on March 12. If approved, it will be ready to be offered.

A public relations major has potential to be added to the Greenlee School of Journalism and Communication in August 2013 if approved by the Board of Regents.

The Greenlee School has provided public relations courses for around 40 years as an emphasis area.

The current request to the Board of Regents is to promote the program to a degree level. Iowa State recognizes the growth of the public relations industry and is looking to provide stu-

dents with the necessary training.

Since there are already numerous courses with public relations content and plenty of faculty, there is no anticipated need for additional resources to create the degree.

"We're just talking about giving an emphasis that already exists a lot more visibility, and to give the students the recognition that comes with having an actual public relations major as opposed to having a journalism major with a public relations emphasis," said Beate Schmittmann, dean of the College of Liberal Arts and Sciences.

According to the official proposal, the Council of Public Relations Firms saw a 60 percent increase of employees in its firms in 2011. Iowa Workforce Development expects an upsurge of about 21 percent in public relations jobs from 2008 to 2018.

"I talked to some of the Greenlee School alumni who said this was going to serve a need of the state and a need of the nation. They were very positive about it," Schmittmann said. "We think that it's a very simple and cost-effective way of giving some additional identity and additional recognition of the credentials of the students who are going to graduate with this degree."

Hopes to create a master of finance program are high, as well.

The idea first formulated about two years ago when Travis Sapp, associate professor of finance, and Dermot Hayes, professor of economics, were discussing the Department of Economics' master's program. Sapp said he thought something similar for the finance department would make sense.

"This is a very common program,

and there is a lot of other perceived demand at other schools," Sapp said. "If you look at Iowa, though, none of the regent schools offer a master in finance as a program. There is an unmet niche that I think we can fit quite well."

Iowa does offer an MBA in corporate finance.

The College of Business Curriculum Committee and the College of Business faculty both unanimously approved the program. If ratified by the Board of Regents, Sapp hopes they will be ready for the fall 2014 semester.

At least four courses will be added, and one new faculty member will be hired to help carry the course load.

All three proposed programs have not been officially approved. It is not known when the Regents will discuss the matters.

>>GREEK.p1

we don't need to get into," said Katy Cran, assistant director of Greek Affairs.

Triangle fraternity had been an organization at Iowa State since 1964. It is a national fraternity for engineers, architects and scientists.

Greek chapters typically go away for about three to four years if they choose to make that decision.

"Three to four years can give them a chance to have a fresh start," Cran said.

The Delta Sigma Phi website states that the chapter has been on campus since 1949; however, it has not been a part of the greek community for 10 years.

According to an Iowa State Daily article written in 2003, the fraternity was revoked by its Grand Council for questionable behavior concerning undergraduate students drinking and stolen property from a Kansas State fraternity.

The students involved were given alumni status.

"Enough time has passed to come on with a

fresh group of men; they are ready to come on strong in the spring, and we will support them in any way that we can," Cran said.

The university committee of fraternities and sororities and the IFC delegates voted this past year for the fraternities to come back onto campus.

"Adding the two fraternities puts us as the largest IFC in the nation," McWilliams said.

Triangle and Delta Sigma Phi are not able to be active chapters right away.

"The chapter has to be a colony for a certain amount of time before they can become an official charter," Cran said.

Currently there are three fraternities that are considered colonies: Delta Chi, Delta Upsilon and Sigma Nu. These fraternities are all working to get their charter.

Neither fraternities has a chapter facility at this time; having a facility will be discussed in the future and is decided by the organization.

A chapter facility does not determine the success of a fraternity. Delta Chi does not have a house, and they currently have approximately

50 members.

According to the Office of Greek Affairs, "Building a chapter facility is a multi-million dollar endeavor; it must meet requirements of the city and state and it is not likely to have a facility in the first year."

The houses are going to be more focused on recruiting men and being established on campus before moving forward to finding a facility.

"They can have the same experiences with or

without a facility," Cran said.

Both Triangle and Delta Sigma Phi do not have any members. Alumni are sponsoring all of the recruitment and organizational efforts.

The promotional efforts for the fraternities will begin in the fall.

"The greek community at [Iowa State] is growing at a rapid pace; we look forward for them to come back to campus because they have a history here at Iowa State," Cran said.



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EDITORIAL:

Set-asides
still wrong
a year later

Almost a year after the open secret of tuition set-asides became common knowledge, the practice is still wrong.

For newcomers to Iowa State, this is the substance of tuition set-asides, in brief: As we explained in an editorial last April, the Iowa Board of Regents requires Iowa's public universities (Iowa State, Iowa and Northern Iowa) to allocate 15 percent "of gross tuition proceeds ... for student financial aid." Last year, Iowa State allocated 22.5 percent of tuition for that purpose. Essentially, the practice of tuition set-asides means that, per Regents policy, Iowa State takes some of your tuition in order to give it to other students.

In practice, such money is given for both need- and merit-based aid. After the exposure of the practice, however, the Regents moved to petition the state legislature for additional funding for a grant program so they could phase out tuition set-asides.

In September, the Regents recommended that the program be drawn to a close over five years, contingent upon additional state funding. At their November meeting, the Regents proposed that the state fund need-based scholarships to the tune of \$39.5 million in order to help phase out tuition set-asides. Tuition would then be reduced by an amount equal to that received.

Now that the legislature is in session, however, the prospects of eliminating tuition set-aside look dim. State Rep. Cecil Dolecheck, chairman of the Education Appropriations Subcommittee, according to the Des Moines Register, stated that the problem was more that Iowans did not know the practice existed and that the amount may have been controversial, not the practice itself.

Using the tuition of some students to pay for the tuition of others, however, is not wrong as a matter of policy. It is wrong as a matter of principle.

Universities should be diverse places. They should exist as gathering spaces for students from all ethnic, economic, religious and other demographic backgrounds. Such pluralism is part of their mission, and is beneficial to students, in and out of the classroom. Encountering other, challenging perspectives is an essential part of growing up. The city, state or country that has a university within its borders also benefits from such pluralism.

Normally, consumers (students) are responsible for paying the costs (through tuition, in this case) a product (a degree). The costs associated with making a product must be passed along to the consumer for the producer to make a profit. As Adam Smith wrote in "The Wealth of Nations," a producer "could have no interest to employ [workers] unless he expected from the sale of their work something more than what was sufficient to replace his stock to him" and earn a profit.

But, being institutions of learning, universities should not seek profit; and since the Iowa public has assumed responsibility for establishing and maintaining Iowa State as a public university, it is they — not students — who should bear the cost of creating the environment of learning necessary. Forcing students at a public university to pay more than their cost of instruction (aside from other things they buy, such as a dorm room and meal plan) is wrong.

Editorial Board

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Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

GSB



File photo: Suhaib Tawil/Iowa State Daily
Students listen to the presidential and vice presidential candidates at the Government of the Student Body Presidential Debate on Sunday.

Watch candidates to see
who is professional, fair

Don't ever trust a politician. Society has been sending this message loud and clear recently. We're told they're nothing but a bunch of pompous, self-centered, heartless individuals with only a personal agenda that involves gaining power. This may be true of some politicians, or wannabe politicians, I should say. The true art of being a politician does not involve selfishness, planned and rehearsed events to gain attention, or power as the motive for getting into office.

The negative characteristics listed above are ones to avoid when seeking a valid individual to represent a constituency in office. Anyone holding those traits is not a politician at all; they are just an individual trying to abuse power. This is especially true for federal and state politicians, but what about those future politicians who may be among our student body today? They may be sharing a bus with you, sitting in class with you, even eating in the same dining center. If you haven't noticed yet, our Government of the Student Body campaign season for president and vice president is well underway, and we have student politicians among us now who we need to pay some special attention to.

It is important, in any political realm, that the politicians elected are qualified individuals who are able to make spontaneous decisions under pressure that are for the good of all their constituency. Sounds like a hefty job, doesn't it? That's because it takes very special and talented people to be politicians. It is our role as constituents to make sure we are electing those with the proper qualifications who can reach these high standards. However, this doesn't just apply to the politicians in Washington, D.C.; this is true for our student government as



By Mackenzie Nading
@iowastatedaily.com

well. If we don't start paying attention, especially during this critical election season, the result could be detrimental.

During this GSB election, we need to be seeking out the candidates who can put all personal agendas aside and act as a professional and fair representation to all ISU students. If there is a candidate who is running his or her campaign as a popularity contest, only wanting office to hold power over everyone else or to assert the authority he thinks he "deserves," we need to be very cautious of him.

There is a lot at stake in the GSB elections. The president and vice president of the student body get awarded scholarships from student fees, paid by each of us, that either gives them full or half tuition plus room and board on campus for one whole academic year. In other words, the president who we, the student body, are responsible for electing, will be getting a full ride to attend this university next year.

I don't know about everyone else on this campus, but if my money is going toward someone else's free ride, I sure want him or her to be a respectable and trustworthy candidate with my best interests in mind. Sadly though, some events have occurred recently that make me nervous about the GSB elections this year. As mentioned above, it is important that politicians act spontaneously and have the right intentions when taking action in office. Recently the campaign of Spencer Hughes and Hilary Kletscher decided to try and pass legislation that hardly made any changes to the

policy they were trying to change. It seemed to just be an effort to get their names out there and use it as a campaign ploy. That's not acting politically at all.

It should be the goal of the candidates to get their names flowing through the student body by acting among us, not simply by trying to pass bills that may get some publicity. If bills that have no real substance are trying to be passed now just because it's campaign season, imagine what wastes of time could be occurring if those same individuals get elected in office.

Wouldn't it be nice to see the face of and actually interact with Spencer Hughes or Dan Radiske before you make a decision to vote? What better way to find out if they'll be a good fit for representing you than by talking to them? And they're out there! Pay attention these next couple weeks, and get yourself informed. Don't be blind-sided by the publicity stunts and the popularity contests. Be a true citizen of this student body and go find out for yourself what each candidate stands for. Try to ask them hard questions and see who can answer them best. Go to the debates and hear about each platform and why they personally chose to run on those goals. Be involved.

As student debt grows higher and tuition costs seem to be at an all-time high, and the decisions of GSB presidents become more crucial toward allocating our money properly, make sure that part of those fees you're paying as a student are going toward a scholarship to an individual you personally endorse. With no accountability, we will get a student government that has no politicians.

Contrary to popular belief, politics can be a very good thing. If real politics was what usually occurred, we wouldn't have this negativity.

Mackenzie Nading is a junior in political science from Elgin, Iowa.

Greek

Fight stereotypes with initiative

After I wrote to all ISU students asking to rethink any negative opinions about the greek community and it was greeted with positive feedback, a friend of mine, who happens to be a member of a fraternity here at Iowa State, asked me an excellent question.

What do you do about the greek members who continuously live out the negative stereotypes we fight so hard to defeat?

The answer isn't cut and dry. As much as we'd like to, we can't force these negative influences to change their behavior. However, we can ask them one simple question: Why are you greek?

Did you join for the leadership opportunities and to make long-lasting friendships? Did you join just to make your resume look good? Were you looking for a place where it would be easy to party? More than likely, you've joined a greek chapter, you were initiated and now you're an active member.

Imagine if, at random, one person from your chapter was chosen to give the entire campus an idea of what your chapter is about. Is there someone in your chapter that you wouldn't want representing your chapter? If you answered yes to this question, something needs to be evaluated. What is it about this person that doesn't rep-



Courtesy photo

Greek communities sometimes have a negative reputation. Combat stereotypes with positive actions.



By Katie Henry
@iowastatedaily.com

resent what your organization is about? Is the person apathetic and lazy? Does she slack off in classes? How does he act when alcohol is around?

The reason these stereotypes


exist are because of the few people in each organization whose behaviors align with these negative stigmas. Unfortunately, a member who devotes hours to community service may be overshadowed by a member who slacks off, parties too much and has no respect for the values of your organization. This is where we need to hold each and every one of our members accountable for their actions.

Another way that our greek community is misrepresented is due to the culture in the media.



Read more online:
The full version of Katie Henry's article is online at iowastatedaily.com/opinion

Katie Henry is a senior in journalism and political science from Pella, Iowa.

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WRESTLING:

Intermat
rankings

- 141 Luke Goettl 19th (Prev. NR)
- 165 Michael Moreno 19th
- 174 Tanner Weatherman 20th
- 184 Boaz Beard 15th
- 197 Kyven Gadson 7th
- Hwt Matt Gibson 20th (Prev. NR)
- Team: 30th (Prev. 31st)

MEN'S BBALL:

Big 12 men's
basketball
standings

- 13 Kansas State 21-5, 10-3
- 9 Kansas 21-4, 9-3
- 14 Oklahoma State 19-5, 9-3
- Iowa State 17-8, 7-5
- Oklahoma 16-8, 7-5
- Baylor 16-9, 7-5
- West Virginia 13-13, 6-7
- Texas 11-14, 3-9
- Texas Tech 9-14, 2-10
- TCU 10-15, 1-11

‘QUOTABLE’:

“We’ve been pretty unlucky on last-second things this season. There’s been a couple games where teams have hit last-second shots, whether it’s a bank shot or a shot when they haven’t hit a shot all game.”

ISU guard Chris Babb on the multiple close road losses for the ISU men’s basketball team so far this season.

SPORTS JARGON:

Shot put

SPORT:
Track and field

DEFINITION:
A field event in which an athlete hurls a spherical shot as far as possible. The men’s shot weighs 16 pounds, and the women’s shot weighs 8.8 pounds.

USE:
Christina Hillman threw the shot put 56-11.50 feet.

Track and field

Hillman turning heads

High expectations encourage sophomore thrower’s talents

By Isaac.Copley
@iowastatedaily.com

After taking some advice from her throwing coach, Christina Hillman stepped into the throwing circle.

The sophomore thrower went into her routine, leaned, spun and almost effortlessly hurled the shot 54-05.50 feet — a mark that was good enough for a second-place finish at the Iowa State Classic.

Hillman has been turning heads in competition, but her performance is no surprise to throwing coach Grant Wall.

“She had such a great freshman year throwing 53-11 [feet] and she’s been training great,” Wall said. “Sometimes a busy freshman year like that will wear people out, but she’s been able to refocus.”

Wall is not only impressed with the success of Hillman, he is also enthused about the continual development and improvement she has shown.

“She is only 19 years old; she’s not even 20 yet,” Wall said. “And she’s come 17 feet since the middle of her senior [year of high school], and that doesn’t happen in shot put — she’s phenomenal.”

While attending St. Thomas More Academy near her hometown of Dover, Del., Hillman left her mark by winning seven prep championships, three shot put titles and three discus titles.

As a senior at St. Thomas More, Hillman won a national title in the shot put, making her one of the most heralded throwing recruits in the nation.

“I was recruited here by coach [Wall] and when I came here to visit, I loved it,” Hillman said. “The campus, my teammates and I felt right; I love the atmosphere at ISU.”

With the Big 12 Championships this weekend, Hillman has high expectations for herself at that meet and the indoor national meet that follows.

“For the Big 12s, I’d really like to finish top three [in the shot put], I think that’s possible,” Hillman said. “As far as NCAAAs I want to finish top six, which is All-American. It’s going to be fun getting there and competing and it will be a great experience.”

A top-three finish in the Big 12 Championships would continue a great indoor season.

Hillman finished first in the shot put at the New Balance Invitational in New York City in early February. Two more first-place finishes came at the ISU Open and the Holiday Preview, where Hillman set her personal best of 56-11.50 feet.

She also had a second-place finish at the Iowa State Classic last weekend, where Cyclone throwers swept the shot put event. Danielle Frere finished first, Hillman second and Hayli Bozarth third.



Photo: Chenyan Shan/Iowa State Daily

Sophomore thrower Christina Hillman practices throwing the shot put on Feb. 15 at Lied Recreation Athletic Center. She looks forward to competing and hopes to achieve All-American status.

Another goal for Hillman is to someday compete in the Olympics. At the 2011 Junior Pan-American Games, Hillman finished second in the shot put, but was the top American in the event.

Wall attributes the success of Hillman and other Cyclone throwers to their hard-working mentality.

“With Christina, we’re just trying to be consistent,” Wall said. “She’s aggressive, but she keeps it in

check; she allows herself to get after it but also have fun while she’s competing.”

The expectations for the Cyclone throwers are high, and Wall believes they can deliver.

“I think Christina can finish top-two [at Nationals]; the girls will do well and they will fight for spots,” Wall said. “I think we can have three All-Americans.”

Men’s basketball

Cyclones focused on closing out

By Alex.Halsted
@iowastatedaily.com

The question has become a broken record for Iowa State: What has been the struggle to close out road games?

The Cyclones (17-8, 7-5 Big 12) fell short in overtime after leading Kansas much of the second half; they led Oklahoma State 74-70 with just more than one minute left and lost; and just one week ago Texas fought back to force double overtime where it eventually pulled out the win.

In Big 12 play, Iowa State has gone 1-5 on the road with the lone victory coming against TCU, which is 1-11 in conference play. Still searching for road success and a quality road victory for its NCAA tournament resume, the test to close out a road game will continue against Baylor (16-9, 7-5) on Wednesday.

“I’ve liked our mentality on the road; we’ve been right there,” said ISU coach Fred Hoiberg. “You lose one in double overtime, you lose one in overtime. We had leads going into the final seconds.”

The team has had plenty of heartbreakers, ranging from a bank shot that led to a win and a half-court shot before halftime that ended up making the difference.

ISU guard Chris Babb said the team has been “unlucky,” but it isn’t ready to blame bad luck. Instead, Iowa State would like to put itself in a better position late in games.

“I just don’t think we’ve executed



Photo: Suhaib Tawil/Iowa State Daily

Will Clyburn and Georges Niang box out a Baylor defender during a free-throw attempt against Baylor on Feb. 2, when the Cyclones beat the Bears 79-72. The two teams will meet again Wednesday in Waco, Texas.

down the stretch,” Babb said. “On the road in the Big 12 we’re playing 30, 35 minutes of great basketball and then there’s that five- or six-minute stretch where [the other team will] go on a run late.

“If we want to win on the road, we have to play a full 40 minutes.”


Hoiberg said the team is also giving up easy baskets far too often late in games, noting it gave up three to Texas in the final minutes last week.

“We get a five-point lead with 1:30 left and a team comes down and gets an uncontested layup,” Hoiberg said. “You can’t give teams easy baskets like that.”


When Iowa State met Baylor in Ames on Feb. 2, it won 79-71 despite going just 4-of-24 from beyond the arc. The Bears are holding opponents to a 29.9 shooting percentage on three-pointers so far this season.

The Cyclones overcame that mark by going 25-of-30 at the free-throw line to close out the win down the stretch. That, though, was at the comfy confines of Hilton Coliseum, where the Cyclones have won 20-straight games, dating back to January 2012.

“A lot of games are won at the five-minute mark at the end of the game,” said guard Will Clyburn, who scored 28 points in the team’s win against

**Iowa State**
17-8, 7-5 Big 12

vs.

**Baylor**
16-9, 7-5 Big 12

Where: Ferrell Center in Waco, Texas

When: 8 p.m. Wednesday

Media coverage: ESPNU (TV), Cyclone Radio Network (Radio), iowastatedaily.com (coverage)

Notes:

- Something has to give at the three-point line as Baylor is holding teams to a 29.9 percent three-point shooting percentage while Iowa State is averaging 9.5 three-pointers per game.
- The Cyclones are just 1-8 all-time against Bears in Waco, Texas, with the last win against them coming in March of the 1999-2000 season. The top six Big 12 teams, which includes Baylor, are currently 33-4 at home this season.

Baylor. “I feel like at the five-minute mark that we’re not getting the stops that we need to.”

Against the Bears, the Cyclones will attempt to at last seal a much-needed road victory.

“I think every game is going to be extremely important from here on out,” Hoiberg said. “We’re going to have to find a way to close some of these games out.”



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Fun Facts

In Paris, there are more dogs than there are children, and they seem to be treated with equal amounts of pampering. Collectively, Parisians spend nearly \$500,000 every day on health and grooming for their pets.

A trip around the bases on a baseball diamond is 20 yards longer than a goal-line-to-goal line run on a football field.

Twitter’s “Verified Accounts” were rolled out after a 2009 lawsuit by then-St. Louis Cardinals manager Tony LaRussa over fake tweets in his name. (As of early 2012, LaRussa’s account remains unverified.)

On November 18th, 1913, Lincoln Beachy did something that had never been done in an airplane before: he made a complete loop-de-loop.

Exocannibals eat outsiders as a means of intimidation. Endocannibals eat members of their own kinship groups.

Obsessive nose picking is called rhinotillexomania.

Henry Ford was a proponent of hiring the handicapped. In 1919, more than 20% of his workforce had some form of disability.

Cleopatra had a special lipstick made for her, consisting of crushed ants and deep red carmine beetles.

The melting temperature of bubble gum is 125 degrees Fahrenheit.

Crossword

1	2	3	4		5	6	7	8	9		10	11	12
13					14						15		
16											17		
18								19			20		
21					22	23	24		25				
				26				27		28			29
31	32	33			34			35		36			
37					38					39			
40							41				42		
43					44		45			46			
		47				48		49			50	51	52
53	54						55			56	57		
58						59		60	61				
62						63							
64						65					66		

Across

- 1 When Romeo meets Juliet
5 Crummy
10 His mausoleum is in
Tiananmen Square
13 Close-Up, e.g.
15 Posterior
16 See 15-Down
17 Pro foe
18 Ready to pour
19 Paint as wicked
21 Peoria-to-Decatur dir.
22 TD's six
25 Question eliciting "Let's!"
26 Vital vessel
28 Tidy up
31 Stratford's river
34 Holm and McKellen
36 "Star Trek" role
37 2011 film in which Owen Wilson
says, "Wonderful but forget
table. That sounds like a picture
I've seen. I probably wrote it."
40 No __ sight
41 Letterman rival
42 "99 Luftballons" singer

- 43 Thaw once more
45 Give a good talking-to
47 In the lead
49 U2 producer or
50 Aswan landmark
53 Gift of a sort
56 Simoleons
58 Justin Bieber or the golden calf
59 Winner of screenwriting Oscars
for the three quoted films
62 Stax Records genre
63 "Titus ____": 16th-century play
64 Pre-LCD screen
65 Makes a home
66 Time in ads

Down

- 1 Oldest musketeer
2 Directing brothers
3 Rich cake
4 "____small world"
5 12-in. albums
6 Cereal grain
7 Previously owned
8 Scatter, like petals
9 Sycophant

- 10 Lionel train, say
11 1998 animated film released
the month before "A Bug's Life"
12 Jim Davis dog
14 "Fantasia" tutu wearer
15 With 16-Across, 1986 film in
which Dianne Wiest says, "But
you have to remember while
you read and you're cursing my
name, you know, that this is my
first script."
20 Outmaneuver
23 Calc prereq
24 Lesley of "60 Minutes"
26 1977 film in which 59-Across
says, "Awards! They do nothing
but give out awards!"
27 Starts the pot
29 Consumer advocate Brockovich
30 Mercury Seven org.
31 From the U.S.
32 Hollywood crosser
33 Fifth wheel
35 From then on
38 Fjord, for one
39 High time?
44 Formosa, now
46 Willy, Biff or Happy of drama
48 Blackmore heroine
50 Sweets, in Naples
51 Native Alaskan
52 Minister's house
53 Oft-burned object
54 Stench
55 Approves quietly
57 Lena of "Chocolat"
60 Seuss's "The 5000 Fingers of
"
61 Rocky hellos

Tuesday's solution

BEAT		MAORI	ISIP
ANDES		ORRIN	NOR
CAMETO		TOTERMS	ABE
AMI	EWES		AHEM
ROTTENT	OTTO	THECORE	
DRIERS		NESTLED	
ISTS	SLURS	EDS	
	HOTT	TOTROT	
ABA	BRIGS		RISK
MONSOON		ALANON	
NONEED	TO	HANKME	
EKES		DAMN	LAA
SEX	MIDDLE	CHILD	
INE	STALK	ERNIE	
ADD	TONYIS	EGAD	



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Sudoku

by the Mephram Group

						5		4
			6					
	3	7	4			1		
5	9					2		3
	4						7	
3							8	1
		3			9		1	
					8			
8	5	2				7		

LEVEL: 1 2 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

Tuesday's Solution								
3	7	6	2	4	1	8	9	5
4	5	8	9	3	7	6	2	1
9	2	1	5	6	8	4	3	7
7	3	9	1	2	6	5	8	4
5	6	4	8	7	9	3	1	2
1	8	2	3	5	4	7	6	9
2	1	5	7	8	3	9	4	6
6	9	3	4	1	5	2	7	8
8	4	7	6	9	2	1	5	3

Horoscope

by Linda C. Black

Today's Birthday

(02.20.13)
Happiness at home occupies the first half of the year, which could include a remodel, move or new family member. Sports, hobbies and romance hold your attention. Taste new flavors. Make a habit of saving for a rainy day. To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries

(March 21-April 19)
Today is a 9 -- Your frustration may be legitimate, but there's no need to get stuck in it. Focus on possibilities and invest in your infrastructure. Stay close home.

Taurus

(April 20-May 20)
Today is a 9 -- Update your educational strategy; there's still a lot to learn. It's a good time to ask for a raise, but don't try to squeeze blood from a turnip. Dive deeper into a favorite subject.

Gemini

(May 21-June 20)
Today is a 9 -- You may lose some ground on a practical matter, but it's only temporary. Listen carefully for money-making opportunities and win in the long run. Watch out for surprises, though.

Cancer

(June 21-July 22)
Today is a 9 -- Recent accomplishments increase your confidence, now and for the next two days. You're on a roll, so keep going and mark those important things off the list. Minimize financial risks.

Leo

(July 23-Aug. 22)
Today is an 8 -- Don't brag or argue. There's no time or need for that. You're busy fine-tuning your environment, but there's still room to be sensitive and compassionate. Listen.

Virgo

(Aug. 23-Sept. 22)
Today is a 7 -- Conversing with friends provides insight and clears doubts. Creativity is required, now more than ever. Use your magic, with love and something hot to drink.

Libra

(Sept. 23-Oct. 22)
Today is a 7 -- Abandon old fears that no longer serve. There's still a lot to do. You've been doing a job the hard way, so try something different. Keep at it.

Scorpio

(Oct. 23-Nov. 21)
Today is a 9 -- Begin planning for a trip, but don't leave quite yet. You can have wonderful

adventures close to home now, and explore tomorrow. Decorate your abode with love.

Sagittarius

(Nov. 22-Dec. 21)
Today is an 8 -- The coming weeks are good for financial planning and for envisioning the future. Be sure the right people hear it. Accept encouragement, especially from yourself.

Capricorn


(Dec. 22-Jan. 19)
Today is a 9 -- Rely on partners, especially the ones who really believe in you. Review instructions again and make it work. Don't assume you know everything.

Aquarius


(Jan. 20-Feb. 18)
Today is a 9 -- The financial situation is unstable, so wait until the check clears. Get busy creating income. Do the research, and set illusions aside. Get plenty of rest after the intensity.

Pisces


(Feb. 19-March 20)
Today is a 9 -- Plan some fun for today and tomorrow. Add music to your work. Check electrical wiring, and maintain the flow. Think fast and look good, as you're especially attractive. Imagination brings something new.




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Winter

Heat up with smoothies

By Philip Canada
AmesEats Flavors writer

With snow falling and a crisp chill in the air the idea of a smoothie may not sound appealing, but these smoothies will warm you to the core. The Banana Nutella and Apple Pie smoothies are ideal for curling up on the couch under a warm blanket and watching the snow fall outside. The Post Workout Power Smoothie keeps you warm after an outdoor workout.



Apple Pie Smoothie

- 1½ cups apple cider
- ½ cup dried dates or raisins
- ½ tsp allspice
- ¼ tsp ground nutmeg
- 1 cinnamon stick
- ¼ cup Greek yogurt

Heat apple cider, allspice, ground nutmeg, and cinnamon stick over medium heat for 10 minutes. Remove cinnamon stick and place apple cider mixture in blender. Add Greek yogurt and dates to blender and blend smooth.



Post Workout Power Smoothie

- 1 cup prepared hot cocoa
- 1/3 cup fresh raspberries
- 1/3 cup oats
- 1 scoop unflavored or chocolate protein powder

Prepare hot cocoa according to package instructions. Combine all ingredients in blender and blend until smooth.



Banana Nutella Smoothie

- 2 cups milk
- 1 banana, peeled
- 3Tbsp Nutella
- ¼ tsp ground cinnamon
- Whipped cream (optional)

Warm milk in sauce pan over medium heat. Combine milk and remaining ingredients in blender and blend smooth. Serve warm with a whipped cream garnish.

Quick bites

Nowadays soy is popping up all over the grocery store. Many types of foods can be made with soy, such as bacon, cheese, milk and ice cream. Since so many foods contain soy, it is not difficult to reach the FDA's recommendation of 25 grams of soy protein each day. Soy protein has been shown to decrease LDL (bad) cholesterol by 10 percent and small increases in HDL (good) cholesterol, according to the Journal of Nutrition. For more soy in your diet, try adding tofu to lasagna or snack on edamame shells.

Soy

ISU students prepare for competition

'Soy You Think You Can Cook' begins Feb. 25

By Claire Voss
AmesEats Flavors writer

The third annual "Soy You Think You Can Cook?" competition kicks off at 4 p.m. Feb. 25 in 206 and 210 MacKay Hall. The first round is elimination, followed by a grand prize round.

The finale will take place from 1 to 3 p.m. March 12 in the Sun Room of the Memorial Union.

Students are encouraged to attend the finale and see this year's winning dish.

"It will have a great atmosphere and will be fun to watch," said Erica Beirman, lecturer in food science and human nutrition and the event's coordinator.

The Soyfoods Council, in conjunction with ISU Dining and the food science and human nutrition department, is sponsoring the event.

Participants in teams of three or fewer are given firm silken tofu, water-packed extra firm tofu and edamame. The teams are then challenged to incorporate these ingredients to create one entrée and one side dish.

This year Emma Grinde and Krissy Forsythe, seniors in culinary science, will compete as team.

"I am confident in Krissy's skills and mine as well; we are going to rock this out," Grinde said.

Both Forsythe and Grinde are competing for the first time.

"My only worry is that in our excitement one of us might get cut or burned because we are doing so much multitasking," Grinde said. "Sometimes there is just so much going on, things like worrying about the safety of my fingertips becomes a lower priority."

Grinde and Forsythe will be cooking up a crunchy sesame tofu sandwich with warm Brussels sprout slaw, and curried butternut squash soup with spicy sugared edamame.

According to the competition rules, participants are judged by the taste, appearance and use of soy in their

dish. Contestants will also be judged on correct safety and sanitary practices. The winning team will receive a \$500 grand prize.

Last year's winners Krista McCarty, Emily Weimer and Lumeng Jin not only took home the cash award but were also featured on Channel 13's "Saturday Morning News," where they demonstrated how to prepare their winning recipes.

This year, the grand prize round will run in a way similar to Bravo's hit show "Top Chef." There will be a live emcee providing commentary throughout the show, done by Ayinde Popo, systems support specialist of the Department of Residence Halls.

The following recipe is a winner from last year, courtesy of the Soy Foods Council.

Edamame Mango Dip

Ingredients:

- 2 tablespoons butter
- 1 onion, finely chopped
- 4-1/2 tablespoons mango chutney (Major Grey), pureed
- 3 teaspoons curry powder
- 1 cup edamame
- 12.3 ounces silken tofu
- 1/2 teaspoon salt

Cook the edamame in simmering water for 20 minutes, then bring to a boil and cook for an additional 10 minutes. Drain and set aside to cool.

In a deep medium skillet, melt the butter. Add onion and cook over moderate heat, stirring occasionally until softened, about seven minutes, then cool.

Meanwhile, in a food processor, puree the silken tofu, cooled edamame and salt until smoothed.

Pour the puree into a bowl and add the cooled curried onions. Mix and serve with pita chips.

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